Date:



Day:

| Exercise | Warmup | Set #2 (Weight) | Set #3 (Weight) | Set #4 (Weight) |
|----------|--------|-----------------|-----------------|-----------------|
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |

Day:

| Exercise | Warmup | Set #2 (Weight) | Set #3 (Weight) | Set #4 (Weight) |
|----------|--------|-----------------|-----------------|-----------------|
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |

Day:

| Exercise | Warmup | Set #2 (Weight) | Set #3 (Weight) | Set #4 (Weight) |
|----------|--------|-----------------|-----------------|-----------------|
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |
|          |        |                 |                 |                 |